

KUOMagazine.com

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Kamla Macko

"A Caribbean Olympia Athlete"





A Competitive Sport of Body Figure!

Kamla Macko, born and raised in Miami, FL. Both parents are from the island of Jamaica, her mother Sandi Morais is a Fitness Lifestyle Coach, and the author of “*Recipe for Life Vegetarian/Vegan*” cookbook. Her father is a chef and an avid weightlifter. Kamla is a professional Fitness Trainer. She is an IFBB Figure-Pro (International Federation of Body Building and Fitness), Champion and 2 X Olympia Competitor. Kamla is the Author of *Abs & Glutes Tune Up* fitness book.

She received her Bachelor's Degree in Exercise Science/Cardiac Rehab from Florida from International University. In 2014 she won the IFBB Kentucky Championship. Over the years she competed in a total 19 shows including Arnold Classics and Ms. Figure Olympia. Kamla is the Co-owner of G~KAMP FITNESS. For more information visit: www.gamp.net

KUOMagazine: Thinking back to your early childhood what was that like going up in Miami and keeping close knit with your Caribbean roots? Growing up in Miami was wonderful. My grandmother Olive Excell visited us a lot. She was a very strong Jamaican woman who sometimes would go from speaking the Queen's English, then into her Patois dialect. She taught me a lot about family loyalty and about God. My cousins, aunts and uncles from New York also spent some of my summer holidays with me, and sometimes I would visit my family in New York. I was always around my Jamaican family and culture. My dad prepared some of the best tasting Jamaican food for me. The Jamaican food and reggae music were a big part of our celebration. I also went to a lot of Jamaican events with my mom in Miami. The Bob Marley festival at Bay-side was an event that I enjoyed a lot because it featured many reggae singers and different performances that reflected the Jamaican culture. My parents are very connected with their Jamaican roots. I visited Jamaica a few times. I love Jamaica.

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KUOMagazine: Let's go ahead to your later years after high school graduation, where did you attend college/university and what was your major? I attended Miami Dade College, then I went on to further my studies at Florida International University where I received my degree in Exercise Science/ Strength and Conditioning.

KUOMagazine: How did you get into bodybuilding or is it body figure? Was it a gradual process, or did you wake up one morning and decide to get ripped? In 2007 while I was studying at FIU, I met Cathy Hernandez. Cathy was very fit because she was training for the Sunshine Classic Figure competition in West Palm Beach. I got so inspired by Cathy that I decided to challenge myself and enter the competition. I won my first Body Figure trophy at the Sunshine Classic.

KUOMagazine: Now that you're a professional IFBB Figure- Pro and a Ms. Olympia Figure athlete, what has that been like, and how long did it take for you to train to compete? It has been seven years of an amazing journey because I got a chance to meet so many people and travel to

different states to compete. Each time I train it takes about 6 months of intense training to get ready for a competition.

KUOMagazine: What states have you been competing in, and which ones were most challenging for you? I competed in Tampa, Orlando, Sarasota and Miami in the state of Florida. In Nevada, I competed in Las Vegas. In Georgia, I competed in Atlanta, and in Kentucky I competed in Louisville. The most challenging competition for me was Tampa-Pro 2014 because I was under a lot of stress and my diet was not up to par.

KUOMagazine: I know a few friends that are involved in bodybuilding/body figure, so I know the basics. But as a woman, I'm just wondering how it affects your daily life? Competing changed my life because I must be very conscious of what I eat daily. I also don't have a social life because I am a competitor as well as a trainer, and doing both requires a lot of hard work, dedication commitment and sacrifice. I take my client's training very seriously, but the best reward is that several of my clients have won first place in Body Figure.

KUOMagazine: Did your friends and family support you in this endeavor? Yes, I received a tremendous amount of support from my family and friends. A good support team is important for the kind of sport that I am involved in. I feel blessed to have such an amazing support team especially from my fiancé Gus Clemente, who is also my trainer.

KUOMagazine: I know health and fitness is a passion of yours and you work one-on-one with many clients to design their specific training programs. What type of training do you do more, and how long is the process? My client's training consists of warm-ups that includes certain types of stretching to get the body ready for the workout. Certain types of strength training exercises that use resistance to help with muscle contraction to build strength. Functional dynamics that helps with muscular balance and joint flexibility. I also stress the importance of healthy eating habits because to achieve any results 80 percent depends on what you eat, and 20 percent depends on the type of workout. I offer 30 minutes' session and 1-hour session.

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KUOMagazine: What convenient services do you offer to help your clients achieve their fitness goals? I offer online training and Personalized Meal Plan. I also do text support. I also use the social media such as Facebook and IG to help motivate and encourage my clients to stay on track.

Bkf4youMagazine: What level are you at when it comes body-figure? I am currently at the Ms. Olympia level which is the highest level in the International Federation of Bodybuilding and Fitness. It took me 7 years to get to this level.

KUOMagazine: Is it true that women athletes/bodybuilders/body-figure are covered less often by the media, because women aren't as interesting as men? Yes, it's true, but things are changing because Figure, Bikini and Physique are now included in the IFBB organization. NBC Sports covered the 2014 Olympia for the first time in 30 years which helped to expose the sports to a broader audience.



Kamla Macko - 2014 IFBB Kentucky Muscle Pro-Figure

KUOMagazine: Do you compare yourself to any other women? Also, who inspires you the most? No, I try not to compare myself with anyone. My mother is my inspiration because she made health and fitness her lifestyle, and she practice what she preaches. In the world of Body Figure, I admire Monica Brant.

KUOMagazine: I have often wondered about female bodybuilders/body-figure who take it to the extreme and I'm all about being in shape. But, I find that some females look more male-ish than others. Is there a difference in those competitions and how do you shape your body to be more sexy and feminine? There are different divisions now in the sports like Figure, Physique and Bikini, and the type of training in these divisions allows females to look more feminine and not masculine.

KUOMagazine: What advice would you give our readers that may want to get into bodybuilding/body figure or being a fitness trainer? You must be serious and passionate about it. Competing requires commitment, hard work, dedication and sacrifice. If you are not willing to put the time and dedication into the sport, then it might not be for you. Working as a trainer will help you to stay in shape, and you also get a chance to educate your clients and help them to achieve their fitness goals, which is a rewarding feeling.

KUOMagazine: What is that one thing that you crave that's not part of your diet? Chocolate.

KUOMagazine: How important is your Caribbean Heritage and Unity? And what inspiring words would you give to others that helped to make you the beautiful and confident young lady you are today? My Jamaican heritage is very important to me because that is my identity and my roots. My inspiring words to someone is to find your passion, and never give up on your dream.

KUOMagazine: What tips would you give to someone who would like to get fit for the New Year? The do's and don'ts. To find a fitness program that they love. It could be walking, jogging, tennis, swimming, dancing, weightlifting or aerobics. When you find a program that you love, you will stick to it.

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KUOMagazine: What does Caribbean unity means to you? It means everything to me because it's part of my roots.

KUOMagazine: Any final words you would like to share with our reader? Follow your heart.

KUOMagazine: Do you have a website where people can get in touch with you? Yes, www.kamlaandgus.com

KUOMagazine: Are you on any social media sites where people can follow your competition? They can follow me in Instagram <https://www.instagram.com/explore/tags/kamlamacko>



Written by Mea Allman, KUOMagazine's Founder/ Editor-In-Chief/Journalist

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